

## Fishers Island Yacht Club

3rd Annual

# Fast Start Opti & 420 Clinic



**Thursday, June 24 :**  
**Optional Rigging Clinic**

**Friday, June 25, 2010 –**  
**Sunday, June 27, 2010**

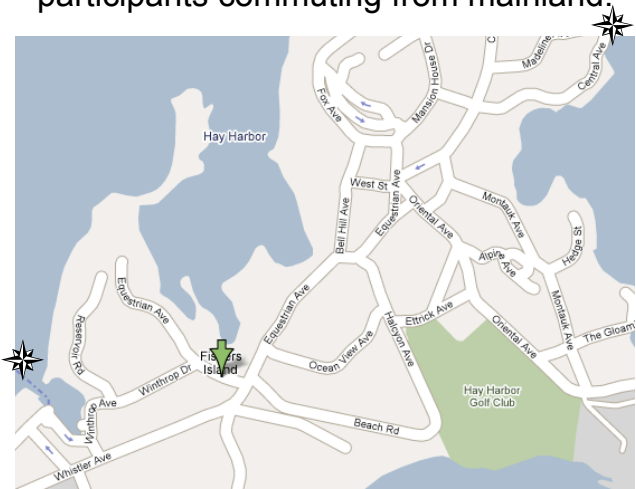
## Directions to Fishers Island

Fishers Island is accessible by ferry from New London, CT. For complete schedule, please visit:

[www.fiferry.com](http://www.fiferry.com)

Transportation can be arranged from ferry dock to FIYC.

Breakfast provided for clinic participants commuting from mainland.



## Directions from ferry to Fishers Island Yacht Club

- Leave Ferry Dock.
- At T-intersection, go **Left** on Whistler Ave.
- Whistler Ave. turns into Equestrian Ave. Go straight. Get to town green, post-office on left.
- **Left** a T-intersection.
- **Right** at stop sign.
- After baseball field on left, **RIGHT** onto Central Ave.
- FIYC is on right.

**Sign Up!**

To register for the Fast Start Clinic, please complete the registration form.

Please mail form by June 1 to:

**Meg Bereday, 712 South Newport Avenue, Tampa, Florida 33606**

Checks should be payable to Fishers Island Yacht Club.  
Questions? Contact Meg Bereday by email at [scobeyrussell@yahoo.com](mailto:scobeyrussell@yahoo.com) or call (813) 253-0061

## Clinic Goals

### Jump Start Summer Sailing Season

- Hone boat handling skills, introduce advanced moves.
  - Rules Overview
  - Racing Overview
    - Tactics and Strategy
    - Regatta Preparation
- \*\* Bring your own Opti \*\***  
**\*\* 420's Provided by FIYC or BYOB\*\***

**Clinic Cost: \$250 per sailor  
\$275 after June 1**

**Suggested prior sailing experience:  
Opti's: Two years competitive racing.  
420's: Minimum of one year 420's.**

### Clinic Instructor: Fred Strammer



Fred Strammer is captain of the Brown University Sailing Team and was named a College All-American Skipper. He has won the Sears Cup twice and has competed nationally and internationally on Lightnings, Lasers, and Flying Scots. Fred brings years of experience from the Vanguard Sailing Team and the US Youth Sailing Team.

### Clinic Instructor: William Brown



William Brown is a member of the Brown University Sailing Team and was an FACC B Division Champ in 2009. He grew up sailing Optis off Long Beach Island, New Jersey, and was a member of the North and South American Optimist teams. He has also sailed extensively on 420s.

## Clinic Schedule

### Thursday, June 24th

1:30 p.m. Registration  
2:00 p.m. - 5:00 p.m. Optional Rigging Clinic

### Friday, June 25th

8:30 a.m. Registration  
9:00 a.m. - 4:30 p.m.  
Sailing -- Boathandling  
6:00 p.m. BBQ and Sailing Activity

### Saturday, June 27th

9:00 a.m. - 4:30 p.m.  
Sailing -- Boatspeed  
-- Tactics  
-- Rules Review

### Sunday, June 28th

9:00 a.m. - 12:30 p.m. Sailing -- Starting  
1:30 p.m. - 4:45 p.m.  
Sailing -- Instructional Regatta  
with on the water coaching  
**\*\*Trophies Awarded\*\***

**Daily Lunch Break 12:30 - 1:30**  
**Lunches ARE NOT Provided**

Questions? Please contact Meg Bereday by e-mail at [scobeyrussell@yahoo.com](mailto:scobeyrussell@yahoo.com) or call (813) 253-0061



## Registration!

Registration deadline  
June 1<sup>st</sup>

*(Clinic cost is \$250 per sailor or \$275 after June 1)*

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Position (circle one): CREW SKIPPER Teammate: \_\_\_\_\_  
Years of sailing experience: \_\_\_\_\_ 420/Opti experience: \_\_\_\_\_  
Sailor contact info: \_\_\_\_\_  
Winter: Mailing address: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Summer Telephone: \_\_\_\_\_  
E-mail addresses: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Relationship to sailor: \_\_\_\_\_  
Sailing Reference / Coach: Name: \_\_\_\_\_ Contact Info: \_\_\_\_\_